

A close-up photograph of a plate of Sunday dinner. The plate is white with a blue floral pattern. In the foreground, there is a large, dark brown, roasted piece of meat, possibly a pork knuckle, with a crispy skin. To its right are several golden-brown french fries. In the background, there are several potato wedges, some of which are also golden-brown and appear to be roasted. To the left of the meat, there are some green peas. The text "SUNDAY DINNER" is overlaid in the center of the image, with "SUNDAY" in orange and "DINNER" in white. The text "TETROGEN" is overlaid in the bottom right corner in orange.

**SUNDAY  
DINNER**

**TETROGEN**

# Prep Time: 60 Mins

## INGREDIENTS

### For the roast veg

1kg potatoes  
1 teaspoon sea salt  
5 tablespoons oil  
4 medium carrots  
4 medium parsnips  
1 tablespoon maple syrup

### For the roast 'meat'

150g vital wheat gluten  
4 tablespoons nutritional yeast  
1 teaspoon smoked paprika  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1 x 400g tin of cooked lentils  
150g oyster mushrooms  
100g tomato purée  
3 tablespoons tamari/ soy sauce  
50ml vegetable stock

### For the final stages

1 portion of vegan gravy  
1 tablespoon maple syrup  
1 tablespoon tamari/soy sauce  
2 tablespoons oil  
400g frozen peas

## DIRECTIONS

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Scrub the potatoes, chop them into halves or quarters and put them into a mixing bowl. Sprinkle over the salt, drizzle over 3 tablespoons of the oil and mix so that all the potatoes are well coated. Spread

out on a baking tray, put in the preheated oven and bake for about 45 minutes, or until they are turning golden.

3. While the potatoes are baking, chop the scrubbed carrots and parsnips into batons and pop them into the same mixing bowl you used for the potatoes. Add the remaining 2 tablespoons of oil and the maple syrup, and mix well. Spread out on another baking tray and bake in the oven for 40 minutes, or until they start to char slightly.

4. Now for the main event, the roast! In a clean bowl, mix together the vital wheat gluten, nutritional yeast, smoked paprika, salt and black pepper. Drain and rinse the lentils and leave to dry in a colander. Finely chop the mushrooms, then add them to the bowl along with the lentils and the tomato purée, and mix well. Slowly add the tamari and three-quarters of the stock, and mix well together. You want the mixture to be quite dry.

5. Add the remaining stock a bit at a time, being careful, as you don't want a wet 'dough'. Knead it with your hands for a couple of minutes, until it comes together into a dough ball.

6. Divide the dough ball into 6-8 pieces. On a board, flatten them out to a rectangle about 3cm thick, making sure they are a suitable size to fit inside your steamer. Set up the steamer over a pot of water and bring the water to the boil. Cut enough pieces of tin foil or parchment paper to wrap fully around each rectangle of dough. Place a piece of foil or parchment on the counter. Wrap your first 'meat' strip, compressing lightly with your hands to give it an even shape, then fold/ twist the ends closed so that it is entirely covered. Repeat with the remaining pieces of dough.

7. Place all the wrapped strips in the steamer, cover, and steam for 30 minutes. Remove from the heat and allow to cool slightly before unwrapping. (If you want to pre-make the strips and save time, you can store them in a covered container in the fridge for 3-4 days.)

8. Pour half the vegan gravy into a mixing bowl and add the maple syrup and tamari. Marinate each 'meat' strip in the gravy so that it absorbs as much flavour as possible. Put a flat pan on a high heat and add the oil. Once hot, put in the strips and cook for about 3 minutes on each side, or until each one starts to char and smell amazing! Heat the remainder of the gravy (and any leftover marinade if you like).

9. Now get your peas on. Fill a small saucepan with boiling water and put on a medium heat. Add your peas and boil for 1 minute, then remove and drain in a colander.

10. Serve each plate with a roasted 'meat' slice, a portion of roast potatoes, carrots and parsnips, some peas, and top with hot, steaming gravy!